

School Health Promotion Newsletter Articles

OCTOBER: Zero Sugary Drinks



Very Short Text:

Let's work together to "get to zero" on sugary drinks for our kids! In your home, eliminate the beverages that have zero nutritional value and can actually lead to an unhealthy weight. Did you know that the popular beverages kids drink are packed with added sugars? Low-fat or fat-free milk and water are best for kids to drink— as well as a limited amount of 100% percent fruit juice*.

Download: [Make Better Beverage Choices. 10 Tips to Get Started.](#)

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

Short Text:

Let's work together to "get to zero" on sugary drinks for our kids! Sugar-sweetened beverages – called "liquid candy" by some nutritionists – are the largest source of added sugars in the diet of United States youth, according to the Centers for Disease Control and Prevention. All that extra sugar can lead to obesity. How to get started:

- Make water, low-fat or fat-free milk, or 100% juice* an easy option in your home.
- Have ready-to-go containers filled with water or healthy drinks available in the refrigerator.
- Place them in lunch boxes or backpacks for easy access when kids are away from home.
- Keep your eye out for fruit beverages that say "drink", "beverage", "punch", "-ade", or "cocktail" on the label. This means it's mostly sugar, flavoring and water – little or no actual fruit juice!

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A Fairfax County, Va., publication. August 2013. If you would like this information in another format please call 703-246-2411, TTY 711.

This resource is provided by the Fairfax County Health Department for use by the Fairfax County Public Schools and other community organizations.



Long Text:

Let's work together to "get to zero" on sugary drinks for our kids! In your home, eliminate the beverages that have zero nutritional value and can actually lead to an unhealthy weight. Did you know that the popular beverages kids drink are packed with added sugars?

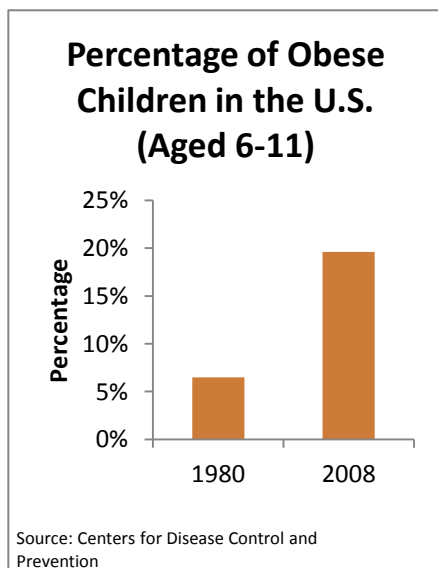
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Visual Element: This graphic can be copied and pasted into your newsletters.



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